



A MINUTE OF HEALTH WITH CDC

Overcoming Obesity

Obesity in K-8 Students — New York City, 2006–07 and 2010–11 School Years

Recorded: December 20, 2011; posted: December 22, 2011

This program is presented by the Centers for Disease Control and Prevention.

Obesity is a major public health problem in the United States. A recent study of public school children in New York City found that more than one in five kids from kindergarten through eighth grade are obese. Being obese or overweight at an early age increases the risk for developing chronic illnesses, including heart disease, diabetes, and some cancers. It can also cause children psychological and social problems.

Whether at home or school, children should be encouraged to eat lots of fruits and vegetables and be physically active. Parents can help by being good role models for these behaviors and can advocate for healthy food choices at school.

Thank you for joining us on *A Minute of Health with CDC*.

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